

# Gestational Diabetes

## (Diabetes During Pregnancy)



This pamphlet will answer your questions and help you control gestational diabetes.

### What is Gestational Diabetes?

Gestational diabetes is diabetes during pregnancy.

### What Happens in Gestational Diabetes?

The food you eat is broken down into sugar which is changed into energy by a substance in your blood called insulin. But when you have gestational diabetes this does not happen. Sugar builds up in your blood which can cause serious health problems for you and your baby.

### Who Gets Gestational Diabetes?

About 1 in 20 women have gestational diabetes during their pregnancy. You have a greater risk if:

- ★ You have had gestational diabetes before
- ★ Someone in your family had diabetes
- ★ You have had a baby that weighed more than 9 pounds at birth
- ★ You are overweight
- ★ You have had a stillborn birth
- ★ You are over thirty years of age

### What Can Happen to My Baby?

If you don't control your diabetes, your blood sugar will get too high, and your baby may:

- ★ Be born larger than normal
- ★ Be born too early
- ★ Have trouble breathing when born
- ★ Have very low blood sugar at birth
- ★ Have jaundice (yellow skin)

### What Can Happen to Me?

Gestational diabetes can cause:

- ★ High blood pressure
- ★ Swollen ankles, feet and hands which can lead to early labor
- ★ Increased chance of urinary tract and yeast infections
- ★ Increased chance of getting diabetes after pregnancy
- ★ You may need a C-section to ensure a healthy birth of your baby.

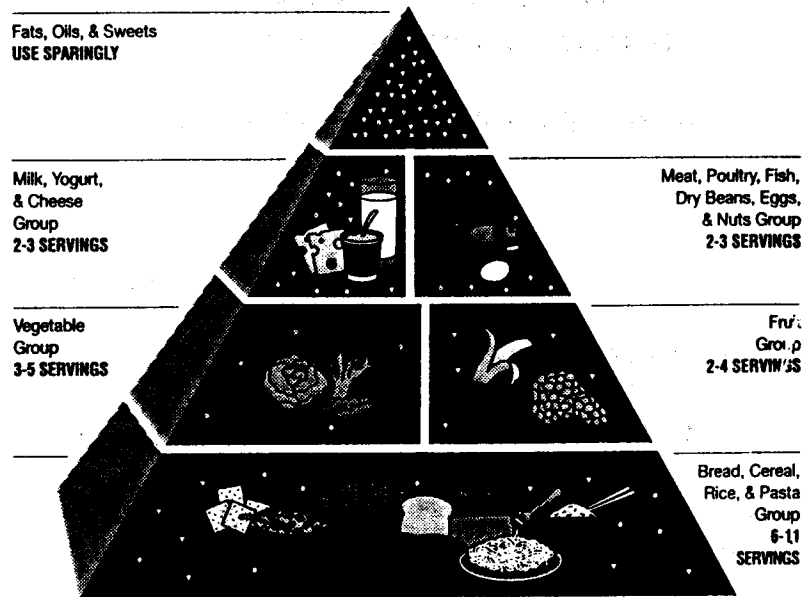
### What Can I Do?

You can control gestational diabetes !!!

Often gestational diabetes can be treated by diet and exercise, but some women may need to take insulin. Talk with your doctor, nurse, and WIC nutritionist about treatment. They are there for support and to help you feel good about your and your baby's health. After birth, breastfeeding is best for you and your baby. It helps to control your blood sugar.



# What Foods Can I Eat?



Lowfat Milk and Dairy  
Fruits and Vegetables

Lean Protein  
Breads and Grains

Do not skip meals! Eat 3 to 4 small meals and 2 to 3 healthy snacks each day.

## Take Care of Yourself!

It's up to you. Eat well, control your blood sugar, and have regular check ups. You deserve the best treatment.

## What Foods Should I Avoid?

Foods and drinks sweetened with sugar and honey will raise your blood sugar. This can be harmful to you and your baby. Since fruit juice has lots of natural sugar, drink less juice and use more whole fruit.

## Foods High in Fiber

These foods can help to control your blood sugar. Eat more of these foods:

Whole grains, breads, cereals: bran, oatmeal, and whole wheat bread, brown rice.

Dried beans: kidney, chick peas, pinto, lentil, lima beans

Fresh fruits and vegetables with skins

Snacks: whole wheat and rye crackers, plain popcorn.

